

Physical Activity Recommendation Not Met (Adults)

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- Most recent data (2013): 78% or about 1,194,000 King County adults age 18+.
- Trend over time: Insufficient data to determine trend.
- Description: Did not meet CDC recommendations for aerobic and strengthening exercise [2-Level]

Physical activity recommendation not met (adults), King County, 2011 and 2013 average

	Percent	Lower CI	Upper CI
King County (adults age 18+)	78	76	80
AGE			
18-24	72	65	78
25-44	82	79	85
45-64	76	74	78
65+	77	74	79
GENDER			
Male	77	75	79
Female	79	77	81
RACE/ETHNICITY			
AIAN	96 §	86 §	99 §
Asian	79	72	84
Black	83	75	88
Hispanic	81	74	86
Multiple	77	67	85
NHPI	*	*	*
White	77	75	79
HOUSEHOLD INCOME			
<\$15,000	84	76	90
\$15,000 to \$24,999	83	77	87
\$25,000 to \$34,999	82	76	86
\$35,000 to \$49,999	77	71	82
\$50,000 to \$74,999	77	72	81
\$75,000+	76	73	78
REGION			
East	75	72	78
North	78	72	83
Seattle	76	73	79
South	82	80	85

Comparisons:

- Higher than King County rate (yellow)
- Lower than King County rate (green)

Notes:

Source: Behavioral Risk Factor Surveillance System.

Prepared by Public Health - Seattle & King County, APDE, 12/2014.

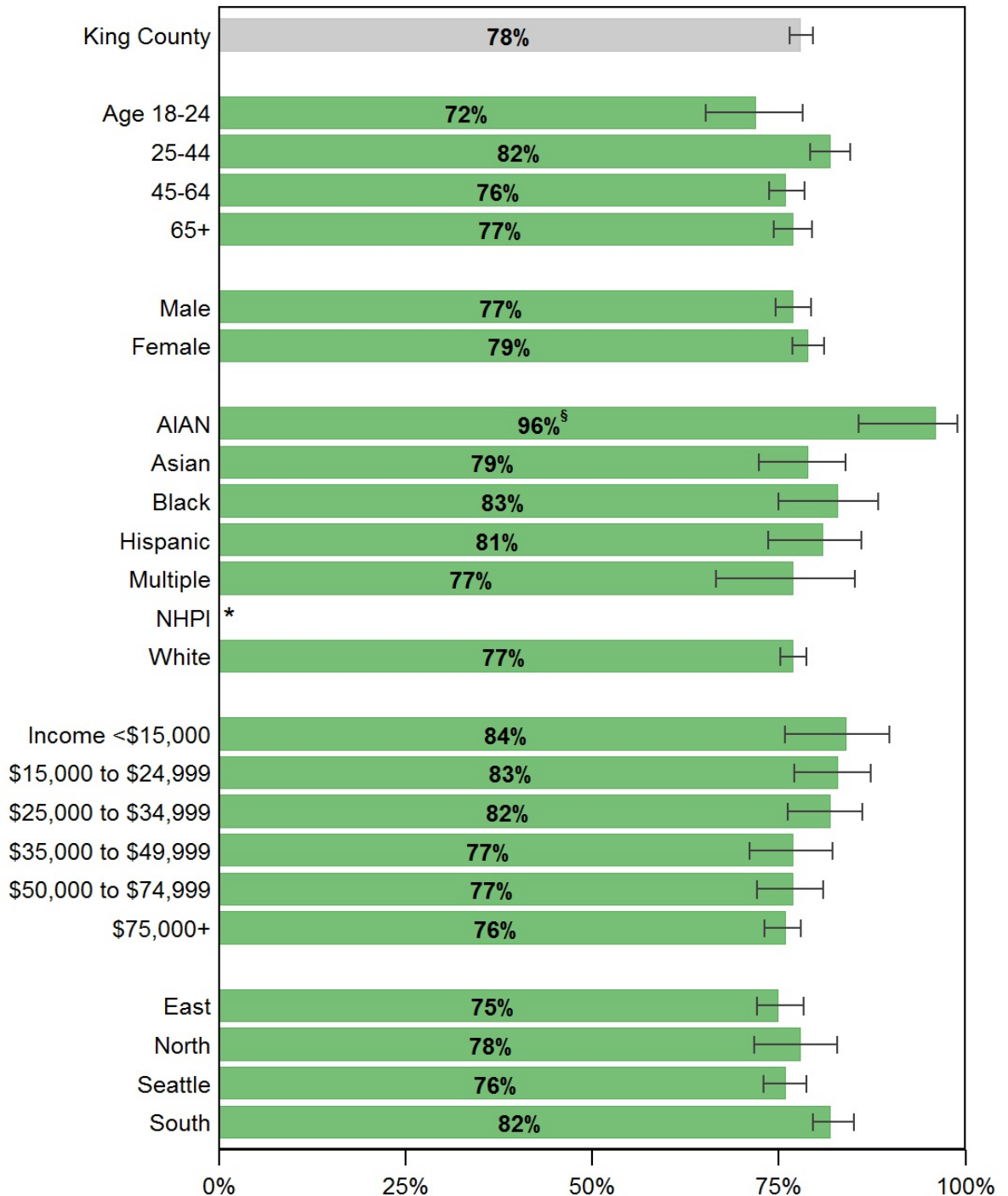
CI is 95% Confidence Interval.

* Too few cases to protect confidentiality and/or report reliable rates.

§ Too few cases to meet precision standard, interpret with caution.

Persons of Hispanic ethnicity can be of any race and are included in the racial categories.

Physical activity recommendation not met (adults) King County, 2011 and 2013 average



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[-----] Confidence interval shows range that includes true value 95% of the time.

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Physical activity recommendation not met (adults) by comparison areas

The Healthy People 2020 Objective for physical activity recommendation not met (adults) is 80%.

	Latest Available Year	Percent	Lower CI	Upper CI
United States	2011	79	N/A	N/A
WA State	2011	79	78	80
King County	2013	78	76	80

Notes:

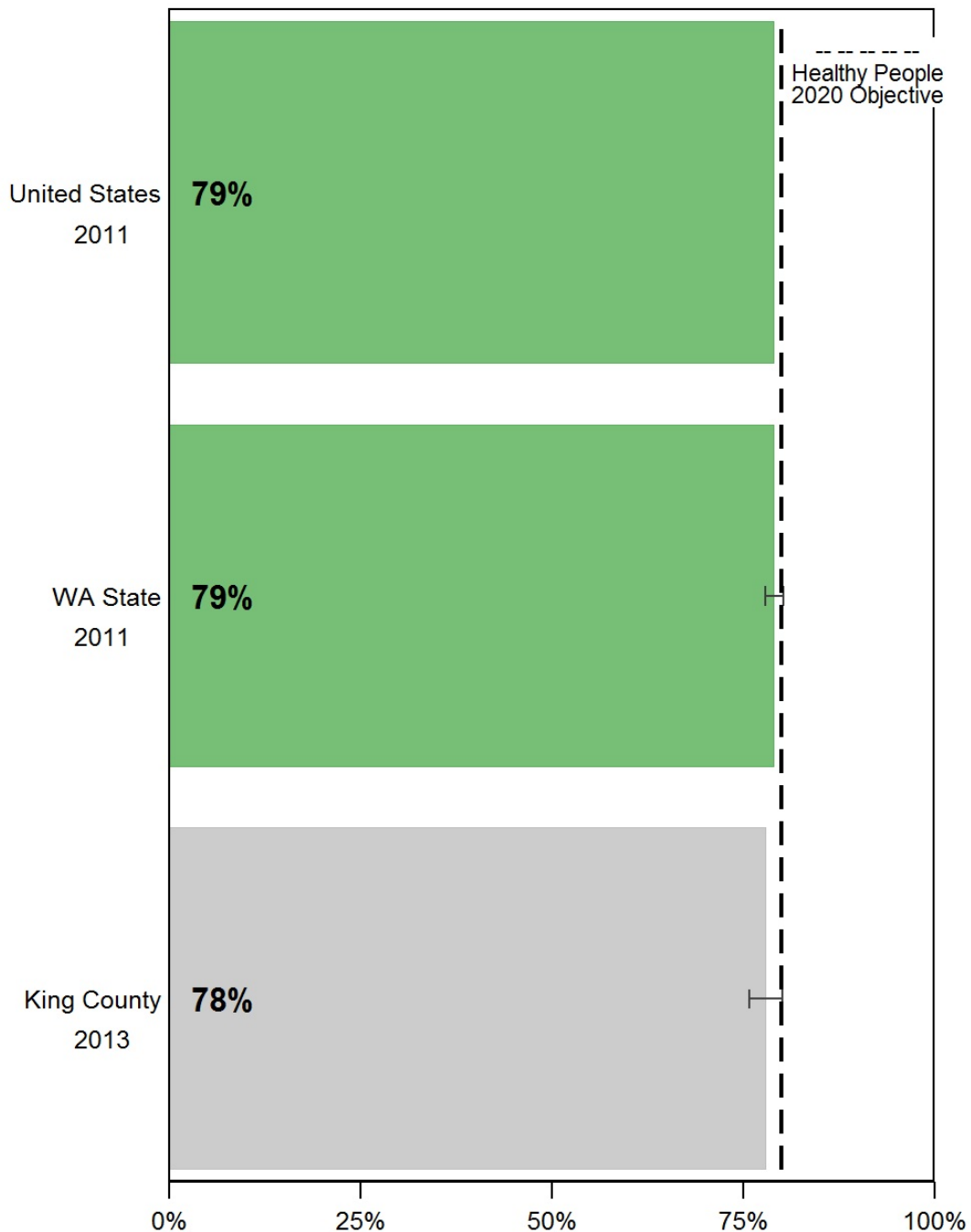
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N/A: Not available.

CI is 95% Confidence Interval.

Physical activity recommendation not met (adults) by comparison areas



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|-----| Confidence interval shows range that includes true value 95% of the time.

Physical activity recommendation not met (adults) by health reporting areas, King County, 2011 and 2013 average

	Percent	Lower CI	Upper CI
King County (adults age 18+)	78	76	80
Auburn	86	78	92
..Auburn-North	90 §	81 §	95 §
..Auburn-South	81 §	65 §	91 §
Bear Creek/Carnation/Duvall	78	69	84
Bellevue	78	71	83
..Bellevue-Central	82	69	90
..Bellevue-NE	82 §	69 §	90 §
..Bellevue-South	77	65	86
..Bellevue-West	69	51	84
Black Diamond/Enumclaw/SE County	81	70	89
Bothell/Woodinville	78	65	87
Burien	87	79	92
Covington/Maple Valley	82	73	89
Des Moines/Normandy Park	70	54	83
East Federal Way	93 §	83 §	97 §
Fairwood	88 §	78 §	94 §
Federal Way	68	54	79
..Fed Way-Central/Military Rd	66	47	81
..Fed Way-Dash Point/Woodmont	71	54	84
Issaquah	78	64	87
Kenmore/LFP	72	61	81
Kent	82	73	88
..Kent-East	77 §	58 §	90 §
..Kent-SE	79	66	88
..Kent-West	92 §	81 §	97 §
Kirkland	76	68	83
..Kirkland	74	64	82
..Kirkland North	80 §	64 §	90 §
Mercer Isle/Pt Cities	71	59	80
Newcastle/Four Creeks	91 §	84 §	95 §
North Highline	*	*	*
Redmond	73	61	82
Renton	85	79	90
..Renton-East	85 §	74 §	92 §
..Renton-North	88 §	74 §	94 §
..Renton-South	84	74	91
Sammamish	69	59	78
SeaTac/Tukwila	79 §	63 §	89 §
Seattle	75	72	78
..Ballard	71	61	79
..Beacon/Gtown/S.Park	84 §	71 §	92 §
..Capitol Hill/E.lake	77	67	84
..Central Seattle	84	74	91
..Delridge	78 §	62 §	88 §
..Downtown	71	57	82
..Fremont/Greenlake	84	75	90
..NE Seattle	70	60	79
..North Seattle	78	68	86
..NW Seattle	71	58	82
..QA/Magnolia	65	54	75
..SE Seattle	87 §	75 §	93 §
..West Seattle	71	59	80
Shoreline	78	68	85
Snoqualmie/North Bend/Skykomish	72	60	81
Vashon Island	60	44	74

Comparisons:

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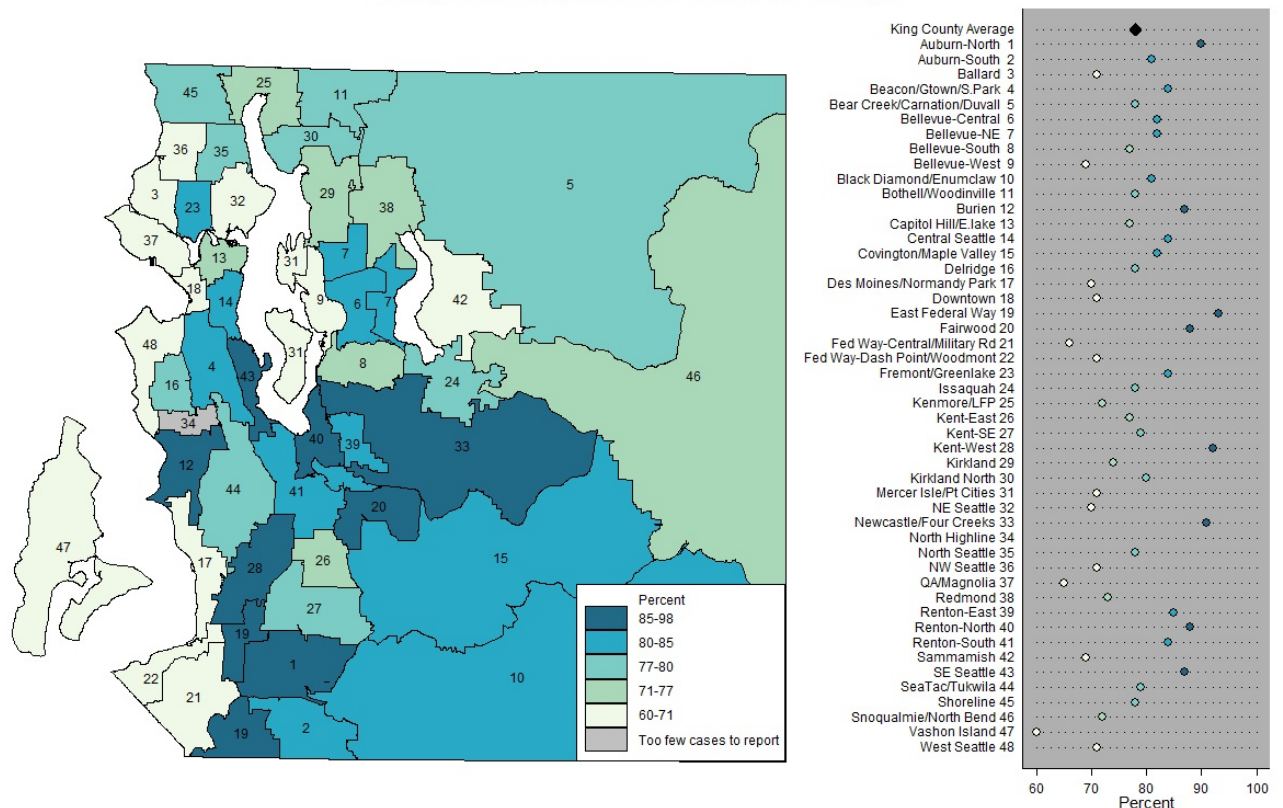
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Physical activity recommendation not met (adults) by health reporting areas King County, 2011 and 2013 average



Note: HRA labels on the map match the chart on the right, listed in alphabetical order
Source: Behavioral Risk Factor Surveillance System.
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